

### Where can I find the 2014 Community Health Assessment?

The full report can be downloaded from the City of Nashua, Division of Public Health and Community Services website at [www.nashuanh.gov](http://www.nashuanh.gov).

### What's next?

The City of Nashua, Division of Public Health and Community Services is working with partners in the Greater Nashua Region to develop a Community Health Improvement Plan based on the health priorities identified in the CHA. The plan will list action items for improving the health of our communities.

#### Resources

- NH Department of Health and Human Services  
<http://www.dhhs.nh.gov/>
- Centers for Disease Control and Prevention  
<http://www.cdc.gov/>
- Healthy People 2020  
<http://www.healthypeople.gov/>
- County Health Rankings  
[www.countyhealthrankings.org/](http://www.countyhealthrankings.org/)

#### Acknowledgements

Community Health Assessment  
Advisory Board Members

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Health and Human Services

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United Way of Greater Nashua

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# 2014 Greater Nashua Community Health Assessment

## Working Together to Build a Healthier Greater Nashua



What is a Community Health Assessment?

A process by which community members gain an understanding of health concerns in the community by collecting health information or data.

Why conduct a CHA?

- Engage community partners
- Identify current and emerging health issues
- Provide information to the community
- Set the foundation for future programs and grants
- Monitor changes and trends
- Build partnerships and coalitions

	Greater Nashua Region w/o Nashua	City of Nashua
Population*	119,022	86,823
Percent of residents that are Caucasian^	94-99%	86%
Percent of residents below the poverty level^	1.2-10.9%	9.3%
Percent of residents 18-24 years with a bachelor's degree or higher^	7.7-16.4%	12.3%
Percent of residents that speak a language other than English^	2.9-8.6%	12.9%
*2010 U.S. Census		
^2008-2012 American Community Survey		

Which towns are included in the Greater Nashua Region?



We have great collaboration and community partners but we need more connections with the towns in our region.



We are making great strides to reduce childhood obesity but we have a lot of kids getting cavities.



Cancer is the number one cause of death in the region. We still have work to do to reduce the number of deaths.



A Collaborative Effort

Over twenty organizations were involved in providing guidance for the assessment and data was collected on over 15 health topics.

Data Snapshot

Health Indicator	Where are we today?	NH State Health Improvement Plan 2015 Goals	Healthy People 2020 Goals
Children 6-9 years with untreated tooth decay <sup>1</sup>	17% (Nashua)	*	28%
Children 6-9 years with treated or untreated cavities <sup>1</sup>	48% (Nashua)	41%	49%
Children 6-11 years considered obese <sup>1</sup>	17% (Nashua)	17%	16%
Preterm births before 37 weeks <sup>2</sup>	9% (Region)	9%	11.4%
Infants breastfed at discharge <sup>2</sup>	83% (Region)	*	82%
Adolescents that rode in a car driven by someone who drank alcohol <sup>3</sup>	20% (Region)	*	26%
Cancer mortality rate (per 100,000) <sup>4</sup>	168 (Region)	*	161
Percent of adults with hypertension that have controlled blood pressure <sup>5</sup>	36% (Nashua)	26%	27%

1 NH Department of Health and Human Services (DHHS). (2014) City of Nashua 2013-2014 Third Grade Survey  
2 Office Health Statistics and Data Management. Vital Records. Concord, NH: NH DHHS 2008-2013)  
3 NH Department of Education. (2011). 2011 Youth Risk Behavioral Surveillance System  
4 Bureau of Public Health Statistics and Informatics. (2012). NH Cancer Registry; SEER  
5 Bureau of Public Health Statistics and Informatics. (2011). Behavioral Risk Factor Surveillance System  
\* Goals for these indicators are not in the NH SHIP.

Focus Group Snapshot

Focus groups with residents, healthcare providers and key leaders were conducted in Hudson, Merrimack, Milford, and Nashua. Additional focus groups discussed Youth Behavioral Health, the Aging Population and Oral Health.

Highlights:

- Top Health Issues identified: Mental Health and Substance Misuse, Access to and Coordination of Care, Opportunities for Healthy Living
- Lack of transportation to health care for regional towns
- More activities needed for seniors and teenagers to increase physical activity
- Caregivers helping elderly loved ones need additional support to reduce caregiver stress